



TAKE THE EMPOWERED EATING BLUEPRINT QUIZ

Do you want to take your power back from food and your emotional overeating behaviors?

If you struggle with....

- ongoing thoughts about what and how much to eat.
- intense food cravings and urges to eat.
- problematic eating tendencies such as overeating, emotional or binge eating.
- compensating for overeating and trying to "undo" the "harm" in unhealthy ways.

Then I want you to know that you're **not alone** and it is possible to STOP these behaviors. With the right information, process, tools and support you CAN restore normal eating habits, get yourself and your life back from the torment of these tendencies, and experience a newfound sense of freedom, peace and joy!

The **first step** to repairing your relationship with food and your body is **AWARENESS** of **what** is underlying your eating issues. The truth is that your struggle with food and eating is actually about a lot more than just food. This quiz is designed to help you uncover which of the **5 Bodies of Health** are underlying your eating issues, thereby giving you insight into what you must address in order to successfully achieve food freedom, peace of mind, and greater self love/acceptance.

INSTRUCTIONS

Get out a blank sheet of paper or print this document so you can write down your answers. The quiz has a total of 20 questions that will take just a few minutes to complete. Take your time and be honest with yourself about the answers.



KEY: YES=1 NO=0

The QUIZ

PART 1: On average do you...

1) Have problematic eating events occur at the same time (i.e. evenings, etc.)? _____

2) Crave the same foods and/or go to the same food places or stores to get your must-have desired foods? _____

3) Skip meals often? This can be either because you're fasting or because you're trying to restrict calories to make up for eating "bad" the night before. _____

4) Experience urges to "undo" your "bad" eating when you feel too full or believe you ate the "wrong" thing? _____

TOTAL _____

PART 2: Do you have a tendency to...

1) Label food as "good" or "bad" or demonize it? For example, sugar is "poison" or the "devil"? _____

2) Tell yourself, "Tomorrow I am starting fresh, so tonight will be my last time overeating these foods," therefore concluding that it is okay to do one more time? _____

3) Tell yourself after eating "bad" that "I need to undo this" either because you're afraid you'll gain weight or of the effect it will have on your body? _____

4) Criticize your body after overeating and feel upset about your physical appearance when you look in the mirror? _____

TOTAL _____

PART 3: Do the following describe you?

1) You are a sensitive person or were a sensitive child? _____

2) You often eat when you are feeling stressed, upset, sad, lonely or bored? _____

3) You often keep how you are feeling to yourself or let things that bother you go so you can avoid conflict or ensure that other like you? _____

4) You have experienced one or more traumas (physical, mental or emotional), losses or difficult experiences that you never dealt with or repressed, or that still trigger or affect you today? _____

TOTAL _____

PART 4: Do you...

1) Take on or absorb other people's energy and/or emotions? For example, if they are stressed, you feel stressed. If they are sad, you feel sad. Etc. _____

2) Find that you're highly sensitive to substances like alcohol, marijuana and caffeine? A little bit goes a long way and you experience adverse affects. _____

3) Dislike watching the news, violent shows or scary movies? They bring you down and make you feel like "blah" or "icky". _____

4) Sometimes feel suddenly anxious, sad, irritable or down for no obvious reason seemingly out of the blue? _____

TOTAL _____

PART 5: Do you...

1) Feel like you have a purpose in life, know what it is, and are living it? _____

2) Understand how to use your intuition and inner guidance system to make choice that are best for you? _____

3) Believe in and feel connected to a higher power (God, Spirit, etc.)? _____

4) Have spiritual practices that you complete regularly, such as praying, going to church, meditating, journaling, etc.? _____

TOTAL _____

If you answered YES to 1 or more of the questions in each part, it indicates a body of health that is underlying your eating issues and that is essential to address in order to heal your relationship with food and eating habits. The more YES's, the greater effect that body of health has on you.

1 Physical Body: Your eating choices are affecting how your brain operates and what messages it sends about food and eating, creating unhealthy eating habits.

2 Mental Body: Your thoughts are directly affecting how you think, feel and behave. You have many unhelpful thinking patterns that perpetuate your eating issues.

3 Emotional Body: You are an emotional being whose brain has become dependent on food to self-soothe and cope with emotions, including repressed emotional wounds.

4 Energetic Body: You are an energetic being whose body has energy imbalances contributing to inner discomfort and blockages that lead to urges to overeat/purge.

5 Soul Body: You are a soul in a body, but you have become disconnected from your purpose, a higher power and your intuition. You use food to fill your soul-holes.

WHAT NOW?

Take control of your healing!

Join my signature group mentorship & energy work program [*Innergize Your Life*](#). This 6-month intensive online group coaching and energy work program is designed to empower you with the information, tools and processes to improve your eating issues, reduce food cravings, find relief from your emotional wounds, make peace with your body and learn to like, if not love, yourself. All within the sacred support of community!

